

# Treats

## *A la Liz and Anders Treiberg*

There comes a time in everybody's life, when they start mulling over what their true passion is. Liz and Anders Treiberg began to ponder over the question after they had sold their successful realty business in Victoria, B.C and it did not take long before the answer was staring them in the face. It was food and wine and all that wonderful time spent preparing memorable meals at their Cortes Island escape.

This passion has now evolved into a cooking blog and website.

Anders and Liz became hooked on the internet very early on and as much as 45 percent of their real estate business emanated from their real estate site and blog. Now Anders is taking courses to become a certified web site developer and Liz, who is a talented photographer, is perfecting her Photoshop skills. You can see the results on the *KookingWithKarl.com* website that provides great recipes with do-it-yourself illustrations, and also sells specialty kitchen utensils and cookery books.

Karl is Anders' middle name and made for a better sounding name for the site. However the name Anders has a long history in his family. Six generations ago Anders' forefather, Anders Andersson emigrated from Sweden to the Swedish-speaking part of Estonia. Eventually the family name was changed to Treiberg (or *three mountains* in German). Anders Treiberg's father, like so many Estonian-Swedes, fled to Sweden in 1939. A few years ago his property was given back to the family and some of it was donated to the adjacent Ryckholts Church, that was renovated with a donation from the Swedish king.

Anders grew up in the many places around Sweden where his father's job as a mission church minister took him. Many summers and a few Easters were spent helping at the farm of church member Eskil Noge who, after years as a trapper, cowboy and gold digger in Canada, was raising beef cattle near Norrtelje. Anders was so taken by Eskil, who still wore cowboy gear and hunted moose and told many wonderful stories from the wild west, that he was sure he also wanted to become a cowboy. When he was 19 he got a job at a dairy farm in New York and made contact with the McRae Quarter Horse Ranch, near Edmonton in Alberta, thereby getting



*The Treiberg got married in December.*

a job offer and a possibility of emigrating to Canada, which he did in 1976.

The cowboy romantics eventually wore off and Anders instead spent eight years in the Alberta oil patch, quickly advancing to the position of drilling foreman. The pay was good and Anders was soon able to buy his own farm in Saskatchewan where his sister Rose had emigrated a year after him.

In 1989 Anders moved with his wife and daughters to Victoria, where his parents had moved and settled in 1980. A year after the move Anders and his wife parted ways and he became a full-time dad raising his two daughters Jenny, 4 years old, and Linda, 3, plus embarking on a new career.

Anders met Liz Grambart through his new career in real estate. She grew up near Bern, Switzerland, where her family still has an orchard, and came to Canada in 1967 to learn English. Anders and Liz built their business during a time when more and more people wanted to move to beautiful Victoria, the capital of British Columbia. The partnership evolved into something deeper and Liz and Anders officially tied the knot in December last year. They now have a blended family with son Mark and daughter in-law Lisa, daughters Jenny and Linda, two grand children Sarah and Ryan. Jenny (now 23) just this year on Valentines got engaged to her fiance Joshua.

Here is one of their favorite recipes:

### ☺ **SMOKEY CORN CHOWDER**

2-4 tbs (30-60 ml) of butter (*use more or less depending on how fatty your bacon is*)  
6 slices of **thick** bacon, chopped. *I like Naturally smoked Harvest Bacon from Saskatchewan. If you want to go meat less, well, leave it out. But that would be a shame.*  
1/2 cup (120 ml) of chopped onions

1 cup (240 ml) of chopped celery  
1/2 tsp of liquid smoke (*like Woodland Natural Hickory Liquid, if you can't get your hands on any you can go without, but it would also be a shame*)

3 Cups / 710 ml of corn, including the broth (*I like Green Giant Kniblets Corn. Two 341 ml or 12oz cans are close enough*)

2 Cups (480 ml) of cubed raw potatoes (I like using baby potatoes and cut them half with the skin on)

2 1/2 cup (540 ml) of water

5 tsp (25 ml) of sugar

3-4 tsp (15-20 ml) of salt (the amount of salt depends on how salty your bacon is, start with 3 tsp)

1/2 tsp of fresh ground pepper

4 Cups (960 ml) of Half & Half (10% Milk Fat)                      3 tbs of flour

In a large (5 plus liters/quarts) sauce pan over medium heat, melt the butter, add the chopped up bacon, onions and celery. Sauté for approximately 3-6 minutes, till celery is tender. Add the cubed potatoes, corn and liquid smoke, saute for another minute while tossing at all times. This is to coat the corn and potatoes with the liquid smoke. Now add the water, sugar, salt and pepper. Bring to boil and turn down to simmer on low for 10-20 min. The potatoes should not be cooked all the way, just starting to get soft.

Take one cup of the half and half in a mixing bowl and whisk in slowly the 3 tbs of flour. Whisk this one cup half and half and flour mixture in to the soup. Mix and stir for one minute, then add the remaining 3 cups of half and half and mix well. Bring to boil again and quickly turn down to simmer for another 10-20 minutes. Keep after the bottom of the pan with a whisk so it does not burn. The soup should be creamy, if you like it thick, then just simmer a bit longer. (*4-6 people, or 4 as a main meal*).